

News & Notes

HEAT EXHAUSTION OR HEAT STROKE?

Heat exhaustion is the precursor to heatstroke and is a direct result of the body overheating.

According to Mayo Clinic, heat exhaustion is identifiable by heavy sweating, rapid pulse, dizziness, fatigue, cool, moist skin with goose bumps when in the heat, muscle cramps, nausea and headache.

These symptoms may develop over time or come on suddenly, especially during or following periods of prolonged exercise.

When heat exhaustion is not addressed, heatstroke can follow.

Heatstroke is the most severe heat-related illness and, without emergency treatment, it can lead to death. It results when your body temperature rises to 104 degrees Fahrenheit or higher.

At this temperature, your brain, heart, kidneys and muscles can also become damaged, leading to serious complications or death.

In the case of heatstroke, seeking medical attention is an absolute must.

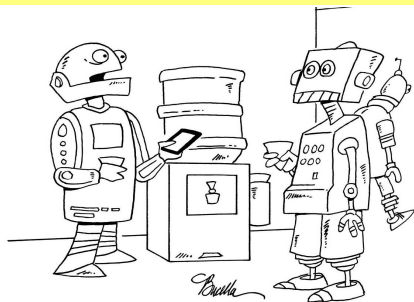
In addition to a high body temperatures, the symptoms of heatstroke include altered mental state or behavior, nausea and vomiting, flushed skin, rapid breathing and racing heart rate.

Generally with heat exhaustion, a patient is sweating a lot, whereas with heat stroke, they've stopped sweating and are actually dry. Though this is generally the case it is not always true.

If heat exhaustion is suspected remove the sufferer from heat and cool them down, if possible.

This can be done by getting out of the sun and removing or loosening tight clothes, misting the body with water or placing ice packs in the armpits and groin.

Additionally, rehydration is key. Consume plenty of water and avoid beverages that contain alcohol, caffeine or high amounts of sugar.



"It just dawned on me that every time we make a phone call, it's a robocall."

Riddles of the Month

- 1) What do you call a snowman in July?
- 2) When I turn around once, what is out will not get in. When I turn around again, what is in will not get out. What am I?
- 3) The fewer of me you have, the more I am worth. What am I?
- 4) Why didn't Cleopatra go to the psychiatrist?

Answers on Page 2 Safety Bits & Pieces

Safety Matters



Produced by the Insurance Coverage Office

State of Delaware

Issue CXXXI

July 2017

SUMMER HEAT SAFETY TIPS

The following summer heat safety tips come from the Centers for Disease Control and Prevention:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. The best summer drinks are sports beverages that replace lost body salt and minerals.

Warning for the above points: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink/type of drinks you should consume while the weather is hot.

- Avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. **Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning following the first two "tips" (above).
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).



Safety Bits & Pieces

SEVEN THINGS ABOUT PERSONAL PROTECTIVE EQUIPMENT (PPE)

No matter what kind of PPE you use, you need to know these seven things about it:

1. **When to use PPE**
2. **What type** to use for specific hazards
3. **How to put it on**, adjust it, and wear it properly
4. **How to remove it** safely
5. **How to care for it** and maintain it
6. **What its limitations are**
7. **When to replace it** and how to dispose of it properly

KEEP SAFE IN THE SUMMER SUN

Summer means outdoor activities and lots of sun. That's why July is **National Ultra-violet (UV) Safety Month**. Although sunlight is essential for the production of Vitamin D, too much UV light from the sun can be hazardous to your health in two ways:

1. UV rays can cause **skin cancer** over years of unprotected exposure.
2. They can cause **cataracts** in your eyes over time.

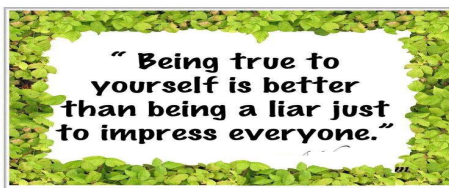
To protect yourself from overexposure to UV light this summer, the National Health Museum recommends these precautions:

- ✱ **Wear a hat** and sunglasses if you're going to be out in the sun for a while.
- ✱ **Limit time in the sun** during the hottest part of the day from 10 a.m. to 4 p.m.
- ✱ **Seek shade** whenever possible.
- ✱ **Use sunscreen** with a sun protection factor (SPF) of at least 15.
- ✱ **Check the UV Index every day**. Find reports in local newspapers, on TV, or at the U.S. National Weather Service website <http://www.nws.noaa.gov/>.

RIDDLES OF THE MONTH ANSWERS

- 1) A puddle
- 2) A key
- 3) Friends
- 4) She was the Queen of Denial (The Nile)

QUOTATION OF THE MONTH



SAFETY TIPS OF THE MONTH

Did you know that July 4th is traditionally the holiday with the most fires? To be prepared follow these safety tips:

- 1) Have a fully charged fire extinguisher ready. If there is an accidental fire you will be ready.
- 2) When you are disposing of July 4th decorations/fireworks, make sure they are completely free of heat and fire to prevent smoldering fires from happening.
- 3) If you are going to consume alcohol, do so responsibly. Know your limits and don't overindulge.

SWIMMING POOL SAFETY

Below are some of the do's and don'ts for pool safety. Be sure to follow these rules if you are a visitor to someone else's pool and if you have your own pool:

DO:

- 1) Be sure you can swim - or have help in the water. Enter the pool only if you know how to properly swim, have an experienced swimmer to assist you, or have a flotation device such as a life vest, arm floats, or air cushion.
- 2) Always swim with someone else. Make sure another swimmer is either with you in the pool or is there supervising whenever you are in the water.
- 3) Drink plenty of water to stay hydrated. Be sure to drink lots of water - never from the pool - to keep yourself hydrated throughout the day - especially if it's warm outside.
- 4) Use the bathroom before entering the pool and leave the pool when you need to take care of business.
- 5) Practice safe diving - be sure to dive from the front of the board only. If you go off the sides you can hit the pool edges and get seriously hurt.
- 6) Use the pool slide the correct way - go down the slide only one way: with your feet first. One person at a time on the slide - including the ladder. Before taking your turn, check the landing spot in the water below to make sure that it's clear.
- 7) Dry off before entering indoors. You do not want to track water inside and make floors potentially slippery for someone else.
- 8) Take extra caution when using a heated spa. Staying in hot water for too long can cause nausea, dizziness, vomiting, overheating, or burning of the skin. Depending on the spa temperature, limit soaks to 30 minutes. Keep children under 5 from spa use. Drink lots of water— never alcohol! If you take certain medications or have heart disease, diabetes, or high or low blood pressure consult with your doctor before taking in a hot soak.

DON'T:

- 1) Don't dive into shallow water. Never do a dive into water that is less than eight feet deep. Never dive off the sides of the pool. Dive only off the diving board.
- 2) Don't run around the pool deck. Slips, trips and falls on the pool deck or into the pool can have serious consequences.
- 3) Don't allow dogs in the pool without supervision. Just like people, some know how to swim properly and others do not. Either way, keep an eye on your pets when they are in the water.
- 4) Don't engage in rowdy horseplay in the pool. Avoid rough games that involve dunking, holding your breath for any extended period, or lifting and throwing others into the air.
- 5) Don't use glass containers. Glass containers can easily break on pool, decks or walls. Instead use outdoor friendly options like acrylic tumblers or paper, plastic, or foam cups, or drink from a can.
- 6) Don't enter the pool under the influence of alcohol or medications. Swimming under the influence poses risks: alcohol and some medication can impair your ability to swim and affect other motor skills, as well as breathing and orientation.
- 7) Don't push anyone into the pool. You could severely injure someone when you suddenly throw, push or yank them into the water when they don't expect it.
- 8) Don't heavily splash water.

By following these rules and using good common sense you can be safe, keep others safe and have fun!



ON THE LIGHTER SIDE...

